

Cope Ahead Plan

This is a resource to assist you with putting in place support you may need to get through tough times. Use it this festive season to plan ahead and prepare.

Support Person - Who is your go to person you can reach out to when you're not coping?

Name:

Contact number:

When things are hard what can I do?

1. **Be Active** – What is your favourite active activity?

Examples: get out in nature, go for walk on the beach, do a gym class

2. **Connect** – How do you best like to connect with loved ones?

Examples: reach out to whānau/friends, have a cup of tea with a loved one, go for a walk with a friend

3. **Give** – What is something you can do for someone else that may brighten their day?

Examples: make a loved one a cup of tea, spend quality time with someone special

4. **Take Notice** – What is one thing you have noticed in the world around you that brings you joy?

Examples: A flower in your garden, watching the waves at the beach

5. **Keep Learning** – What is one thing you can do to feed your mind?

Examples: Read a news article that takes your interest, discuss something you are interested in with a loved one

6. **Self-soothe** – What is a treat activity you like to do?

Examples: engage your senses – smell something you like, eat something delicious, squeeze a stress ball, cuddle under a fluffy blanket, rub nice smelling lotion onto your body

Going forward

What can you reward yourself with once you have made it through the tough time?

Examples: have a coffee at your local café, catch up with a friend you haven't seen in a while, watch your favourite movie or tv show
